

Amendments to the Specification

Please replace the DESCRIPTION OF THE DRAWINGS section beginning at line 25 on page 4 of the specification as follows:

DESCRIPTION OF THE DRAWINGS

For a more complete understanding of the present invention and further advantages thereof, reference is now made to the following Detailed Description, taken in conjunction with the drawings, in which:

FIGS. 1A-B are a flowchart showing the steps involved in one embodiment of a method of providing visual indications relating to various phases of a woman's menstrual cycle in accordance with the present invention;~~and~~

FIG. 2 ~~is~~ shows one embodiment of an apparatus for providing visual indications relating to various phases of a woman's menstrual cycle in accordance with the present invention; ~~and~~

FIG. 3 shows one embodiment of an ovulation prediction kit that may be used in connection with the present invention.

Please replace the paragraph beginning at line 30 on page 5 of the specification as follows:

The method begins with the step (20) of placing a first type of bead on the string to indicate start of the menses phase of the woman's menstrual cycle. In this regard, the step (20) of placing a first type of bead on the string may be performed on the first day the woman experiences bright red menstrual bleeding. The first type of bead (the "Day One" bead) may, for example, be a large red bead 220 such as shown in FIG. 2.

Please replace the paragraph beginning at line 23 on page 8 of the specification as follows:

During the method (10), several additional steps may be performed. During the fertile phase, step (120) may be undertaken. In step (120), a urine ovulation prediction kit 400 such as shown in FIG. 3 is utilized to determine the day when the level of luteinizing hormone (LH) released by the woman's pituitary gland surges. The LH surge generally correlates with the

cervical mucus peak. Thereafter, in step (130) a ninth type of the bead is placed on the string to indicate the day when LH level surges. The ninth type of bead is placed on the string during the fertile phase in addition to the fourth, fifth, or sixth type of bead placed on the string in steps (50), (70), or (80). The ninth type of bead may comprise a green diamond 330 such as is illustrated in FIG. 2.